



Just Good Clean Cookin' INC

Just Good, Clean, Cookin' Inc

Menu

No meat cooked in vegetables

No MSG

No preservatives, fillers, or additives in the cooking or in the baked goods

Weekly meal plans available* (Price based on selection and nutritional value)

Vegetarian cooking available

Vegetables

Collard Greens

Brussel Sprouts

Cabbage (Fried or smothered)

Squash

Green Beans

Sweet Potatoes (Mashed, Fried, Sautéed, Steamed)

Potatoes (Mashed, Fried, Baked)

Fried Corn (Seasonal)

Asparagus

Green Beans

{Note: Vegetables may be subject to change depending on season}

Meats

Chicken (Baked, grilled, Whole roasted or *Rotisserie)

Pork Chops (Fried, Baked, Smothered)

Turkey (Baked)

Sautéed Neck Bones

Talapia

Salmon (Seasonal Costs Will Apply)

*One day notice required

Wings (Fried or Oven' Fried)

Lemon Pepper

Barbecued

Regular

10 wings @ \$7.50

15 wings @ \$11.50

Salads

Spinach, Walnuts, and Mandarin Oranges

Mixed Green Salad with Red Peppers, *Avocados', and Eggs

Kale, Brussels Sprout, Red Onion, and *Goat Cheese

Arugula, Walnuts, Cranberries, Bacon, and Goat Cheese

Powerhouse: Brussels Sprout, Apples, Broccoli, Carrots, Chopped Veggie Burger, Raisins (Optional)

Mixed Greens, Mushrooms, Red Peppers, Red Onions, Bacon

*Avocados' are \$1.00 extra

*Any Cheese is \$2.00 extra

Soups

My Meatball/Hamburger Soup

Creamy Vegetable

Chicken and Rice (Just like mama use to make)

Creamy Tomato

Sandwiches

Killer Toasted cheese on whole wheat Texas Toast [Description:

Pulled Chicken Sensation in Mojito Sauce [Description: Pulled Chicken on Brioche or Ciabatta Bread, Onion, Cheese, Cucumber, Mojito Sauce]

Sides

Brown Rice

Sweet Potatoes

Red Potatoes

Pinto and White Beans

Quiche

Spinach

Mushroom

Bacon

Sausage

Broccoli

Vegetarian

Desserts

Granola – Honey Oats & Cinnamon, Chocolate, Chocolate & Coconut, Peanut Butter & Chocolate
Price: \$6.00 for 8 oz bag

Cookies: Chocolate Chip Pecan; Oatmeal Raisin – Walnut

Price: 6 for \$5.00

Price: \$5.99 per dozen

Cookie Dough: \$6.99 per pound

Brownies: \$6 for 2 (They are huge!)

Brownies by the pan: \$15.00

Butter by-the-pound cake: \$6.00 per slice; \$20.00 for whole cake

Prices

All Plates are \$20.00. Includes: Meat, Two Vegetables, and Cornbread. Beverage on the house!

All Salads: \$9.50. Crackers included

Soups: 8 oz cup \$5.00; 12oz cup \$8.00

Quiche: \$3.00 a slice; Whole Pie - \$10.00

Granola: \$6.00 for 8 oz bag

Cookies: 6 for \$5.00

Brownies: \$6 for 2

Butter by-the-pound cake: \$6.00 per slice; \$20.00 for whole cake

Weekly Meal Plan Menus

The following options are available for your meal planning. Menus may vary depending on the nutritional needs of the client.

Option 1

Spaghetti in red sauce
Chicken Thighs marinated in wine and honey
Oven fried zucchini sticks
Spinach and Chicken Waldorf salad

Option 2

Pot Pie (Vegetable or Chicken) and Veggie salad
Chicken and Noodle Casserole and Asparagus Medley
Barbecued Beef, Cabbage, and Sweet Potato Soufle ´

Option 3

Broiled Steak, Herbed Mashed Potatoes, Broccoli Medley or Spicy Kale Greens
Shrimp Quiche and Squash or Spaghetti Squash Medley
Broccoli Casserole and Turkey Drumsticks
Curry Fish or Sautéed Fish over brown rice
Cornbread

Option 4

Broiled steak and creamed potatoes
Barbecued Chicken and fried green beans
Asian Chicken with asparagus and sweet potatoes
Cream of Potato soup with cornbread
Fried Corn, Baked Chicken

Option 5

Cornish Hen
Potato and Squash Casserole
Barbecued Chicken, Rice and Peas
Shrimp Creole and Rice, Roasted Vegetables
Sweet Potato Casserole
Sweet Potato "Pie"

Option 6

Spicy Kale with Oven Fried Chicken and Potatoes
Spinach Linguine over Tilapia and Shrimp
Spinach Linguine with baked chicken
Lasagna with Green beans or salad
Southwestern black bean salad

Option 7

Rice and Bean Sausage Casserole
Shepherd's Pie
Chicken and Cabbage Stew
Asian Noodle Soup
Waldorf Salad

Prices: \$65 per week for an individual
\$120 per week for two
\$165 per week for a family of four

Delivery:

For orders \$25.00 and under there is a \$5.00 delivery charge
For orders over \$25.00 there is a delivery fee of \$10.00

Thank you and...

Welcome to Just Good Clean Cooking, Inc.!

